



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

UNITED STATES FISH AND WILDLIFE SERVICE

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FOR FOOD EDITORS

FWS SUGGESTS BOILED LOBSTER FOR BARBECUES

As a new angle to backyard barbecues in the summertime, the Fish and Wildlife Service suggests a New England outdoor barbecue featuring boiled lobsters.

Practically everyone enjoys the tender, delicately flavored meat of the northern lobster--"the king of shellfish"--which supplies high quality proteins, vitamins, and minerals.

Live lobsters, which are dark-bluish green in color, should be purchased by the housewife. They generally weigh from one to three pounds and are graded in four sizes: chickens, quarters, large, and jumbos. The chicken lobster, weighing one pound, is the most economical and widely used.

Lobsters must be alive up to the time of cooking. During cooking the color of the shell changes rapidly to "lobster red".

The home economists of the Bureau of Commercial Fisheries suggest that you serve baked potatoes and buttered peas along with the boiled lobsters. These can be cooked on the barbecue grill by wrapping them separately in aluminum foil.

BOILED LOBSTERS

2 live lobsters (1 pound each)
3 quarts boiling water
3 tablespoons salt
Melted butter

Plunge lobsters headfirst into boiling salted water. Cover and return to boiling point. Simmer for 20 minutes. Drain. Place lobster on its back. With a sharp knife cut in half lengthwise. Remove the stomach, which is just back of the head, and the intestinal vein, which runs from the stomach to the tip of the tail. Do not discard the green liver and coral roe; they are delicious. Crack claws. Serve with butter. Serves 2.

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